

# Piney Woods Perspective

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Piney Woods Area Health Education Center

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## SFASU Pre-Professional Students Visit UTMB-Galveston

Thanks to the efforts of Piney Woods AHEC, 20 pre-professional college students from East Texas area universities were able to attend the 2006 Pre-Medical Conference at the University of Texas Medical Branch in Galveston. Students from Stephen F. Austin State University, East Texas Baptist University and Wiley College, accompanied by Kelly Floyd, Janis Ritter and Evan Dolive of the Piney Woods AHEC, spent the weekend of Feb. 24 and 25 touring UTMB, attending workshops and meeting students and faculty.

Conference attendees met in the auditorium of the UTMB medical complex where they listened to faculty, staff and visiting guests discuss the medical school application process, MCAT testing and medical school expectations. After the morning session, students broke into two groups to attend workshops on interviewing skills and financial aid. A Mardi Gras themed lunch was provided by the university, and included Cajun food and twirling beads! The conference concluded with students touring the campus or attending a panel discussion with UTMB medical students.

Throughout the school year, Piney Woods AHEC took pre-professional students on three field trips, including touring M.D. Anderson and the Student National Medical Association conference in Temple, Texas. Along with field trips, the AHEC also has conducted three convocations on interviewing skills and numerous mock interviews and shadowing opportunities for pre-professional students. The organization hopes to continue this work in order to help future pre-professional students attain their goals of becoming physicians, dentists and other health professionals.

For more information on these programs, please contact Kelly Floyd at (936) 468-6939 or [kfloyd@pwahec.org](mailto:kfloyd@pwahec.org).



SFA student Sherry Cheever won a stethoscope valued at \$300 at the conference.



### PWAHEC Board Members

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Health Services

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Medical Center



## Dr. Joan Santiago joins the PWAHEC Board

The Piney Woods AHEC would like to welcome Dr. Joan Santiago as one of its newest board members. Santiago is currently employed at East Texas Community Health Services, Inc., and has served as the dental director since October 2004.

While employed by ETCHS, she worked in collaboration with others to establish an elementary school children's program where by children from participating schools are able to receive dental treatment. The program has helped alert parents to the importance of dental care as well as educate children in the community dental health.

Santiago completed her undergraduate degree in bio-medics at the Interamerican University of Puerto Rico. During that time, she worked at the Department of Health in Puerto Rico visiting underserved population and educating them on important health issues regarding cardiovascular diseases.

Santiago completed her dental degree at the School of Dentistry at Temple University in Philadelphia, Penn. While in dental school, she participated

in science fairs with middle and high school students to orient, educate and tutor them on future education, as well as help prepare them for college entrance exams.

Santiago has two sons, Roberto, 15, and Marco, 13, who have already begun participating in community activities and tutoring elementary students. Santiago believes that together we can make a difference in the community and that education and awareness are keys for success.



*A presentation of the Parent Task Force*

### **Parents: Talk to Your Teens about Alcohol Use**

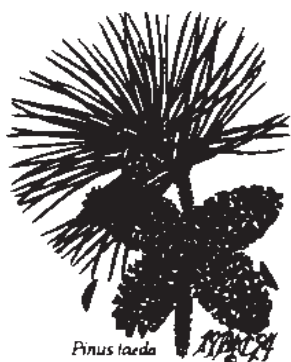
Abuse of alcohol and other drugs is a major threat to the health and well-being of teenagers. According to a recent U.S. Centers for Disease Control and Prevention survey of high school students:

- About 75 percent of high school students have tried alcohol
- More alarming, about 28 percent of teens have had a recent episode of heavy drinking (more than five drinks within a couple of hours)
- The leading cause of death for teens and young adults is auto crashes related to alcohol.
- Drinking also lowers inhibitions, which can lead teens to have unprotected sex, increasing the chance of pregnancy and infection with sexually transmitted diseases.

## **TIPS FOR PREVENTING UNDERAGE DRINKING**

- Encourage your children to practice saying "NO" and talk to them about the situations. Help them come up with responses they can give when they are offered alcohol. Some examples include : "No, I don't want a beer, I have to stay in shape for sports" or "No thanks, I'd rather drink a soda."
- Listen to your kids. When you make an effort to listen, you create an environment where your children will feel more comfortable voicing their concerns. According to the National Institute on Drug Abuse, the best time to start talking to your children about abuse is when they are young, but it is never too late.
- Set firm rules. When going out, ask who they will be with, what they will do and who will be supervising.
- Clearly explain that drinking under the age of 21 has both legal and real-life consequences. Even if they do not drink, warn them of the potential consequences of getting into a car with someone who has been drinking alcohol.
- If you consume alcohol, set an example for your children by doing so responsibly and pledging not to provide alcohol to youth.

For more information, contact Nacogdoches Safe and Drug Free at (936) 564-2446 or e-mail [nsdf@cox-internet.com](mailto:nsdf@cox-internet.com) Join the Parent Task Force to help positively impact the community and youth in Nacogdoches County.



# Piney Woods Perspective



## Continuing Education Opportunities

4/20

**Traveling the Road of Alzheimer's**  
Alzheimer's Association - STAR Chapter  
Nacogdoches, Texas  
Contact: (936) 569-1325

4/21

**East Texas Geriatric  
Education Center**  
**Topics in Health and Aging:  
Expanded Geri Syndrome  
Heart Disease**  
Piney Woods AHEC  
Nacogdoches, Texas  
Contact: (936) 468-6941

4/23 - 4/25

**Healthy Communities:  
The Big Picture**  
Texas Public Health Association  
Plano, Texas  
[www.Texaspha@aol.com](http://www.Texaspha@aol.com)

4/27 - 4/28

**Cool Topics in Emergency  
and Trauma Care**  
Emergency Nurse's Association:  
Houston Chapter  
League City, Texas  
[www.Texasena.org](http://www.Texasena.org)

5/4-5/6

**The Fifth Annual Health Literacy  
Conference**  
The Institute for Healthcare Advance-  
ment  
Irvine, Calif.  
Contact: (800) 434-4633

5/11

**Leading the Fight Against Colorectal  
Cancer: The Nurse's Important Role**  
Nurse Oncology Education Program  
Tyler, Texas  
Contact: (866) 462-2838

5/15-5/16

**National Rural Minority and  
Multicultural Health Conference**  
National Rural Health Association  
Reno, Nev.  
[www.NRHArural.org](http://www.NRHArural.org)

5/17- 5/19

**National Rural Health Conference**  
National Rural Health Association  
Reno, Nev.

5/21 - 5/24

**Conference on Public Health  
and Disasters**  
University of California, Los Angeles  
Long Beach, Calif.  
[www.cphd.ucla.edu](http://www.cphd.ucla.edu)

5/24, 5/25 & 5/26

**Cardiac Emergencies Includes EKG  
Review (EMS CE)**  
Longview Regional Medical Center  
Longview, Texas  
(903) 381-7243

6/9-6/10

**Fourth Annual Current Trends in  
Cardiothoracic Surgery Conference**  
Intercontinental Houston  
Houston, Texas  
(713) 798-8237  
<http://cme.bcm.tmc.edu/1328>

6/14, 6/15, & 6/16

**Cardiac Emergencies Includes EKG  
Review (EMS CE)**  
Longview Regional Medical Center  
Longview, TX  
(903) 381-7243

8/15 - 8/18

**Physical Assessment of  
Adults by the RN**  
The University of Texas at Arlington  
School of Nursing  
Arlington, Texas  
Contact: (817) 272-2778

8/20-8/23

**National Association for Rural  
Mental Health 32nd Annual  
Conference**  
Co-sponsored by  
National Institute for Mental Health  
San Antonio, Texas  
[www.narmh.org](http://www.narmh.org)

### Online Education

**Working with Case Management:  
Roles, Benefits and Improved  
Outcomes**  
MSU Nursing/Michigan State AHEC  
[www.nursing.msu.edu/ahecce1](http://www.nursing.msu.edu/ahecce1)

**Texas Webinar Series**  
Texas Hospital Association  
[www.thaonline.org](http://www.thaonline.org)

### Telephone Workshops

Telephone Education Workshop  
CancerCare Connect  
[www.cancercare.org](http://www.cancercare.org)

**Audio Conference**  
4/25

**Providing Individualized Treatment  
Strategies for Schizophrenia:  
Lessons from CATIE**

Information about the NIMH landmark Clinical Antipsychotic Trials of Intervention Effectiveness (CATIE) will be discussed. Conference starts at 12:15p.m. ET. Please contact (877) 263-7767 or visit the web at [www.cmeoutfitters.com/cmea.asp?id=195](http://www.cmeoutfitters.com/cmea.asp?id=195) Free CEUs for M.D.s, R.N.s, N.P.s, psychologists, pharmacists, Social Workers and case managers are available.



# Piney Woods AHEC

[info@pwahec.org](mailto:info@pwahec.org)

You may contact the staff at the following locations:

## SFA Science & Research Center

P.O. Box 6123, SFA Station  
Nacogdoches, Texas 75962  
(936) 468-6901 (voice)  
(936) 468-6913 (fax)

## Physical Address

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Nacogdoches, Texas 75965

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Center Director  
Practice Management Technical Assistance  
(936) 468-6916

Kelly Floyd, [kfloyd@pwahec.org](mailto:kfloyd@pwahec.org)

Program Coordinator  
Health Career Promotions  
(936) 468-6939

Kinnie Parker, [kparker@pwahec.org](mailto:kparker@pwahec.org)

Program Coordinator  
Practice Entry and Support  
(936) 468-6941

Heather Perkins, [hperkins@pwahec.org](mailto:hperkins@pwahec.org)

Program Coordinator  
Community Based Education  
(936) 468-6942

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Administrative Assistant  
(936) 468-6901

Evan Dolive, [edolive@pwahec.org](mailto:edolive@pwahec.org)

Assistant Program Coordinator  
Health Career Promotions  
Practice Entry and Support  
(936) 468-6910

Letters, news, research and articles welcome.

Please e-mail any changes in your contact information to [info@pwahec.org](mailto:info@pwahec.org)

## May is National Stroke Awareness Month

National Stroke Awareness month is right around the corner! You can help raise awareness by learning stroke risk factors and recognizing the warning signs of a stroke. Stroke is the third leading cause of death in the U.S.; it is similar to a heart attack, but instead it takes place in the brain. It is caused by damage to the brain through a loss of blood supply. You can recognize a stroke using three easy steps, STR. First, ask the individual to Smile, then Talk, and last Raise both arms. When these steps are performed you can detect if the signs of stroke are present: sudden numbness or weakness of face, arm, or leg, most often on one side of the body; trouble speaking, understanding speech, walking, sight problems, sudden confusion, and/or severe headache with no known cause. If you or someone you know is having these signs, call 911 and immediately seek medical help.

Strokes are preventable. Stroke risk factors are associated with age, gender, heredity, ethnicity, and lifestyle. However, there are some controllable risk factors such as: obesity, physical inactivity, high blood pressure, and excessive alcohol intake. Here are some ways to help prevent a stroke:

- If you smoke, stop
- If you drink alcohol, do so in moderation
- Find out if you have high cholesterol
- Include exercise in your daily routine
- Ask your physician if you have circulation problems that could increase the risk of stroke.

A stroke can be devastating and life threatening. Each year, more than 700,000 Americans have a stroke, with about 160,000 dying from stroke-related causes. A better understanding of the cause of stroke will help Americans make lifestyle changes that can decrease the stroke death rate. You or your loved one can suffer from a stroke, take time out and join National Stroke Awareness month to help save lives. More information can be found from the American Stroke Association at [www.strokeassociation.org](http://www.strokeassociation.org).

## Life Support Courses

4/21, 5/5, 5/19

### **Basic Life Support Health Care Provider**

Nacogdoches Memorial Hospital  
EMS Education and Training  
Nacogdoches, Texas  
Contact: (936) 569-4600

6-3 & 6-4, 8/19&20

### **Advanced Cardiovascular Life Support**

Stephen F. Austin  
State University  
Contact: (936) 468-6901

Alternate formats of this material are available upon request. Please contact the PWAHEC office at (936) 468-6901.

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